

At-Home Instructions

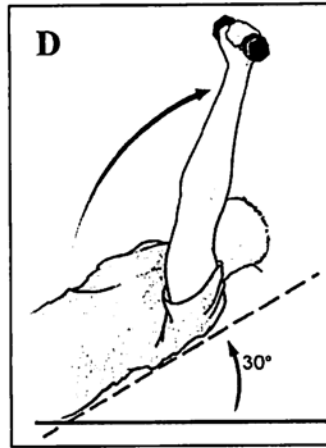
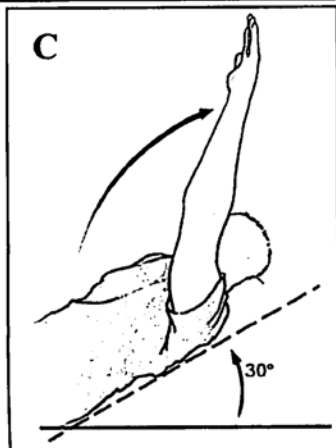
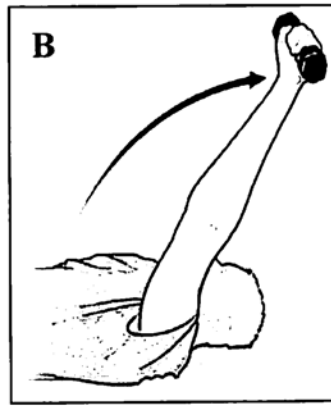
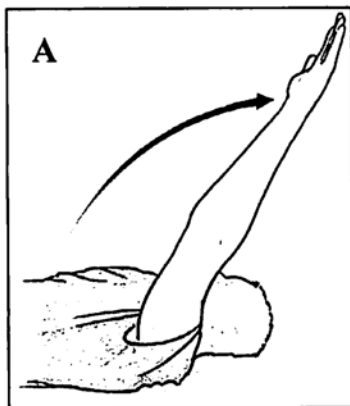
Advanced Shoulder Strengthening Exercises (starting at 12 weeks)

These exercises are used to increase the strength of your rotator cuff and deltoid muscles. You can strengthen these muscles through slow, repetitive motions within a comfortable range. It is not necessary to exercise through pain or perform a full arc of motion if you are in pain.

1. Gatch Type of Strengthening

Lie flat on your back. A firm bed is best.

- Start the exercise with no weights. Bend your elbow and reach for the ceiling while bringing your arm fully overhead (A). Bring your arm back down to your side slowly, bending your elbow as your arm returns to your side.
- After you can comfortably complete 10 repetitions twice daily without weights, begin to add weights. Start with a 1-pound weight (B). After you can comfortably complete 10 repetitions twice daily with a 1-pound weight, repeat the process with a 2-pound weight. Continue the process until you can perform 10 repetitions with 3 to 4 pound weights twice daily. **Important:** never increase the weight by more than 1 pound increments.
- When you can perform the exercise with 3 to 4 pound weights lying flat, raise your back 30 degrees (C). Begin again with no weights and add weights (D) as described above. The goal is to do 10 repetitions using 3 to 4 pounds twice daily.
- Next, raise your back 60 degrees. Start the exercises again beginning with 1 pound. Add weights as described above.
- Do the exercise twice daily or as often as your physician recommends.



2. Beach Ball

Perform this exercise while standing.

- Place the affected arm (left arm) on the upper side of the ball. Place the normal arm (right arm) on the underside of the ball (A). In this position, the normal arm assists the weaker affected arm. Squeeze the ball, and raise the ball above your head. Hold the ball in this position for 3 seconds. Do 10 repetitions, five times per day.
- As the affected shoulder becomes stronger, the exercise can be performed with the hands on each side of the ball (B). In this position the normal and affected arms are doing equal work. Squeeze the ball, and raise the ball above your head. Hold the ball in this position for 3 seconds. Do 10 repetitions, five times per day.
- When your affected arm is very strong, the exercise can be performed with the affected arm (left arm) on the underside of the ball (C). In this position the affected arm (left arm) is lifting the normal arm. Squeeze the ball, and raise the ball above your head. Hold the ball in this position for 3 seconds. Do 10 repetitions, five times per day.

